

# **EFFECT OF THE HYPERTENSION EMPOWERMENT EDUCATION ON SELF-EFFICACY, SELF-CARE BEHAVIOR IN PATIENTS HYPERTENSION AT COMMUNITY HEALTH CENTERS PENFUI AND BAKUNASE, KUPANG**

**Maria Agustina Making 1\*, Dr. Lilik Djuari,.dr,.M.Kes 2\*, Ninuk Dian K,.S.Kep,.Ns,.MANP 3\***

## **ABSTRACT**

**Introduction :** Hypertension cases in Indonesia is increasing every year. Cases of hypertension in community health centers Penfui & Bakunase, Kupang, also increases every month. This disease can lead to complications, such as heart failure, stroke and kidney. The purpose of this study was to determine the effect of hypertension empowerment education on self-efficacy and self-care behavior and blood pressure in hypertensive patients. **Methodology:** This study was a quasi experimental study using non-randomized control group pretest posttest design. The sampling technique was the purposive sampling. Sample required was totally 36 samples, each consisting of a group comprising 18 respondents who met the inclusion criteria. The sampling technique was the purposive sampling. **Results :** Results were analyzed with Mann Whitney, with significance value  $\alpha < 0.05$ . Respondents showed increasing self-efficacy after being provided with hypertension empowerment education and the results was demonstrated by Wilcoxon Signed Ranks test, showing differences between pre-test and post-test in treatment group. **Discussion:** These interventions can be used as a model in educational standards of education provision to patients who are visiting health centers, or in health center activities.

**Keywords:** Hypertension empowerment education, self efficacy, self care behavior, blood pressure.